

# Suicide Prevention and Mental Health Resources for Utah's Faith Leaders

Live On.

## In Crisis

A situation in which a person's behavior puts them at risk of hurting themselves or others or prevents them from being able to care for themselves or function.

### 988 Suicide and Crisis Lifeline

Call, Chat, or Text 988



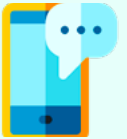
24/7, free and confidential support for people in distress; prevention and crisis resources. Press

**1 for Veterans** and Service Members

**2 for Spanish**, and

**3 for LGBTQ+** Trevor Project

**Mobile Crisis Outreach Teams** (MCOT) can be deployed via the Crisis Lifeline to individuals in crisis regardless of their location at no cost to the individual



### SafeUT

Download the app or Visit [safeut.org](https://safeut.org)



**SafeUT Schools:** A crisis chat and tip line that provides real-time intervention for students, parents/guardians, and educators.

**SafeUT Frontline:** A way for Utah's law enforcement, fire/EMS, health care providers, and their families to confidentially connect to licensed mental health professionals trained to understand the unique challenges frontline workers face on a daily basis.

**SafeUT National Guard:** Designed for Utah Air and Army National Guard members, civilian personnel, and their families, linking them to licensed mental health professionals who are trained to understand their unique challenges.

## Struggling

A temporary state in which a person's wellbeing is significantly and negatively impacted by depression, anxiety, identity, or other mental health conditions.

### Utah Warm Line

Call 801-587-1055



Staffed by the Huntsman Mental Health Institute's certified peer support specialists, offers support for those not in immediate crisis but instead are seeking connection, empathy, and resiliency in navigating life's stressors. 8am-11pm daily.

### NAMI Utah Mentor Helpline

Call 801-323-9900



Information about mental health conditions and resources in the community. Mentors are available Monday through Friday from 9:00 am to 4:15 pm.

### Latino Behavioral Health Services

Call 385-495-2188



Our warm line serves as a resource for Latinos and Hispanics.

### Behavioral Health Navigation Service

Call 833-442-2211



Navigating behavioral health doesn't have to be complicated. We can help you find the right resources, at the right time, to meet your needs.

### Encircle

Get more information at [encircle.com](https://encircle.com)



A safe space where LGBTQ+ youth can thrive; programs include youth activities, friendship circles, and therapy.

## Find Support

A desire to understand mental health challenges for one's self or others, motivated to increase protective factors for or recover from a mental health crisis or struggle

### LiveOn Playbook

Follow @LiveOnUtah on Instagram

The world's first-ever suicide prevention course taught entirely over Instagram.



### NAMI Utah

Go online: [namiut.org](https://namiut.org)

Utah's chapter of the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



### ParentGuidance.org

Go online: [parentguidance.org](https://parentguidance.org)

education and therapeutic support to empower and give you hope as you support your child's mental health.



### My Life is Worth Living

Watch on YouTube

Animated series that models the human connection shown to be protective against suicide.



### Encircle Parachute Lessons

Go online: [parachute.mamadragons.org](https://parachute.mamadragons.org)

An e-learning program for parents, families, and communities that provides the knowledge, tools, and resources needed to affirm, support, and celebrate LGBTQ children.



### Virtual Hope Box

Download the app

An app designed for use as an accessory to treatment; simple tools to help patients with coping, relaxation, distraction, and positive thinking.



### Mental Health America

Go online: [mhanational.org](https://mhanational.org)

Mental Health America is an online source of mental health information, research, and resources, including quick facts sheets and screenings.



### AFSP Support Group Finder

Find one at [afsp.org](https://afsp.org)

The American Foundation for Suicide Prevention lists U.S. and international suicide bereavement support groups as a public service to loss survivors.



### Teen Counseling

Go online: [teencounseling.com](https://teencounseling.com)

A network of licensed, accredited, and experienced therapists who can help you and your child with a range of issues including depression, anxiety, relationships, bullying, trauma, and more.



### Flourish Therapy

Go online: [flourishtherapy.org](https://flourishtherapy.org)

A clinical care program that provides individual, couples, family and group counseling for all age groups, including short- and long-term counseling, crisis intervention, parent intervention, and support services with a focus on quality care for LGBTQIA+ clients and their families.

